

SEPTEMBER/OCTOBER 2022 • VOLUME 17 ISSUE 5

# COMMUNITY WELLNESS



## OCTOBER IS BREAST CANCER AWARENESS MONTH

October is Breast Cancer Awareness Month, an annual campaign to raise awareness of this complex disease and fund research into its causes, treatment, and cure.

### Fast facts about breast cancer

- Each year in the United States, about 255,000 women get breast cancer and 42,000 women die from the disease.
- Men also get breast cancer, but it is not very common. About 1 out of every 100 breast cancer cases diagnosed in the United States are found in men.
- Breast cancer is mostly found in women who are 50 years old or older, but breast cancer also affects younger women.

### How Can I Lower My Risk?

- You can do things to help lower your breast cancer risk.
- Keep a healthy weight and exercise regularly.
- Don't drink alcohol, or limit the amount of alcohol you drink.
- If you are taking hormone replacement therapy or birth control pills, ask your doctor about the risks.
- Breastfeed your children, if possible.



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## The U.S. Dietary Guidelines

**LESLENE E. GORDON, PHD, RD, LD/N  
COMMUNITY HEALTH DIRECTOR**

Every five years since 1980, the U.S. Departments of Agriculture (USDA) and Health and Human Services (HHS) publishes the Dietary Guidelines. This document provides science-based advice on what we should be eating and drinking to meet nutrient needs, ensure good health and reduce the risk of disease. They form the foundation for our federal food and nutrition policies and programs.

In December of 2020 the most current guidelines were released, and they got minimal attention from Americans who were more focused on staying out of hospitals and staying alive. COVID -19 created a significant distraction, and in December of 2020 most would not have cared about what the government was telling us to eat. Now that we are back to a “new normal,” maybe we should give the guidelines the attention they deserve. After all, what we eat is important. It is a fact that some of the top leading causes of death for Americans are related what we eat.

The Dietary Guidelines for Americans, 2020-2025, recommends that we, “Make Every Bite Count”. Broadly we do this by:

1. Following a healthy dietary pattern at every life stage, from infancy to old age.
2. Selecting nutrient-dense foods and beverages (high in nutrients and low in sugar, fat, and salt) that we enjoy, are affordable and in line with our cultural traditions.
3. Focusing on meeting food group needs with nutrient-dense foods and beverages from five food groups – vegetables, fruits, grains, dairy and fortified soy alternatives, and proteins – and staying within calorie limits.
4. Limiting foods and beverages higher in added sugars, saturated fat, and sodium, and limiting alcoholic beverages.

These guidelines are similar to the ones we have seen in the past. This edition however expands the guidance, for the first time to include recommended healthy dietary patterns for infants and toddlers. The <https://www.myplate.gov/> site provides a simple and practical approach for implementing the dietary guidelines even on a budget. The guidelines are part of an effort to ensure that all people have access to healthy and affordable food.

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**Have a question or comment? Email us:** [DLCHD29WebsiteDistribution@flhealth.gov](mailto:DLCHD29WebsiteDistribution@flhealth.gov)

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# Recipe:

## Caprese Chicken Salad with Quinoa

### INGREDIENTS

- 2 boneless, skinless chicken breasts
- 1/2 tsp salt
- 1/8 tsp black pepper
- 1/4 cup uncooked quinoa
- 1 tbsp olive oil
- 1 clove garlic
- 1 small red onion
- 1 pint grape tomatoes
- 1/3 cup balsamic vinegar
- 2 slices fresh mozzarella
- 4 to 6 fresh basil leaves
- 4 cups spring mix greens



### INSTRUCTIONS

1. In the oven, raise the oven rack so it's approximately 5 to 6 inches from the broiler, usually the second-highest position. Preheat oven broiler.
2. Wash hands with soap and water.
3. Do not rinse raw chicken. Arrange chicken on a parchment-lined baking pan. Season with salt and pepper.
4. Wash hands with soap and water after handling raw chicken. Wash counters after handling raw chicken.
5. Broil the chicken for 6 to 8 minutes on each side until internal temperature reaches 165°F on a food thermometer. Remove from oven and set aside to keep warm.
6. While the chicken is in the oven, cook quinoa according to package directions.
7. Scrub the garlic and red onion with a clean vegetable brush under running water. Peel and mince the garlic, and thinly slice the red onion.
8. Gently rub the grape tomatoes and basil leaves under running water. Cut the grape tomatoes, and slice the basil.
9. If the spring mix greens weren't prewashed, gently rub them under cold running water. Dry well on a clean towel.
10. In a large skillet over medium heat, add the oil. Then add the onions in the oil for cook about 5 minutes, stirring occasionally. Stir in the garlic and cook for 1 minute.
11. Stir in tomatoes and balsamic vinegar. Cook until vinegar is reduced by half.
12. Add the chicken to the skillet and top with sliced mozzarella. Cover and cook until mozzarella is melted, about 4 to 5 minutes.
13. Stir in basil and spoon over chicken breasts.
14. To make the salad, toss spring mix greens and quinoa together. Arrange mixture on a plate, then top with chicken breast, tomatoes, onions, and balsamic reduction.



## 5 reasons to support your local Farmers Markets

From savoring produce at the peak of freshness to meeting the people who grow your food, there are countless reasons to support farmers markets. Here are just a few!

### 1. Taste Real Flavors

The fruits and vegetables you buy at the farmers market are the freshest and tastiest available. Fruits are allowed to ripen fully in the field and are brought directly to you—no long-distance shipping, no gassing to simulate the ripening process, no sitting for weeks in storage. This food is as real as it gets—fresh from the farm.

### 2. Enjoy the Season

The food you buy at the farmers market is seasonal. It is fresh and delicious and reflects the truest flavors. Shopping and cooking from the farmers market helps you to reconnect with the cycles of nature in our region. As you look forward to asparagus in spring, savor sweet corn in summer, or bake pumpkins in autumn, you reconnect with the earth, the weather, and the turning of the year.

### 3. Support Family Farmers

Family farmers need your support, now that large agribusiness dominates food production in the U.S. Small family farms have a hard time competing in the food marketplace. Buying directly from farmers gives them a better return for their produce and gives them a fighting chance in today's globalized economy.

### 4. Protect the Environment

Food in the U.S. travels an average of 1,500 miles to get to your plate. All this shipping uses large amounts of natural resources (especially fossil fuels), contributes to pollution, and creates trash with extra packaging. Conventional agriculture also uses many more resources than sustainable agriculture and pollutes water, land, and air with toxic agricultural by-products. Food at the farmers market is transported shorter distances and is generally grown using methods that minimize the impact on the earth.

### 5. Nourish Yourself

Much food found in grocery stores is highly processed and grown using pesticides, hormones, antibiotics, and genetic modification. Some of it has been irradiated, waxed, or gassed in transit. These practices may have negative effects on human health. In contrast, most food found at the farmers market is minimally processed, and many of our farmers go to great lengths to grow the most nutritious produce possible by using sustainable techniques, picking produce right before the market, and growing heirloom varieties.

Article credit: <https://cuesa.org/learn/10-reasons-support-farmers-markets>



Find a farmers market near you by visiting:

<https://www.localharvest.org>

# Ensuring Quality Oral Healthcare for All of Florida's Children

Nicole M. Sutton, Health Justice Advocate & Mom



Medicaid is an important source of dental care that serves about 40% of all children across Florida, including those experiencing low-income, children with special health care needs and disabilities, and children in unique situations like foster care, residential treatment, and juvenile detention. There is increasing concern among parents and caregivers like myself in making sure our Medicaid-enrolled children have opportunities for high-quality preventive oral healthcare services.

Despite program efforts to ensure that every child has the care they need to thrive, many Medicaid-enrolled children in Florida experience higher rates of dental disease and face numerous barriers to utilize oral health services. A recent study among parents and caretakers of Medicaid-enrolled children in Florida revealed barriers related to cost, limited number of dental offices that accept Medicaid dental coverage, inconsistency with services offered, limited office hours, long wait times to get appointments, issues with transportation and accessibility to dental offices that accept Medicaid coverage, and poor treatment of patients by health providers.

Access to quality dental care for Medicaid-enrolled families is especially limited in Hillsborough County. My son who is six years old had his first cavity last year. As a parent I found it very difficult to find a provider in in county that would take Medicaid dental coverage. With not enough dental providers, especially pediatric providers, willing to treat Medicaid-enrolled children in Florida, some parents feel no choice but to seek dental care at emergency departments which is extremely costly to our state. In 2019, Florida spent over \$630 million on dental-related emergency department visits that could have been prevented with access to a dental provider.

With a growing number of studies continuing to connect access to oral health services to prevention of health conditions like high blood pressure, diabetes, obesity, dementia, respiratory health, and adverse birth outcomes, limited access to dental care leaves many Medicaid-enrolled children susceptible to serious health conditions. Ultimately, these circumstances contribute to significant health disparities between certain groups of residents. These circumstances are avoidable and costly both economically to our state, but deeply impact the quality of life for people not only when they are young, but throughout their lives.

This is why I became involved in the Oral Health Parent Advisory Committee made up of parents and caregivers from across the state of Florida whose children rely on Medicaid for dental care. As committee members, we try to ensure that Medicaid-enrolled families have a voice in shaping the services that are being provided. Also, we work to educate on the power of thoughtful investment in the health of Florida's children. Prevention costs much less today than treating health conditions down the line.

To find out more or get involved, visit <https://flhealthinnovation.org/better-access-to-dental-care-for-all-children/>

# Oral Health Services

Consumers Open Up About Accessibility and Barriers for Medicaid-Eligible Families in Florida.



There are a number of structural barriers that prevent Medicaid-eligible families from accessing dental health services.



The Institute's Oral Health Services Consumer Engagement focus groups revealed barriers related to:

-  Cost
-  Limited Medicaid-eligible dental offices
-  Inconsistency of dental offices offering services and outdated information
-  Limited hours
-  Appointment wait times
-  Transportation and distance
-  Poor treatment from providers

# UPCOMING EVENTS

September - December 2022

**Did you know... Tampa Bay has the highest rate of fractures in the United States? \***

Take Charge of Your Bone Health! Register today for any of our FREE 1 hour virtual programs and learn ways to achieve your optimum bone health!



## HEALTHY BONES FOR LIFE™

Peer Educators will share the basics of bone health and why it should be important to you.

Monday, December 12th, 7:00pm

<https://americanbonehealth.org/hbltgh1222>



## FREEDOM FROM FRACTURES™

Take charge of your bone health! Join us for this virtual program to learn more about how to achieve optimum bone health or how to help a loved one avoid bone fractures.

Monday, September 12th, 11:30am

<https://americanbonehealth.org/ffftgh922>



## WHY HEALTHY BONES MATTER FOR BREAST CANCER SURVIVORS™

Whether you have just been diagnosed, you are currently undergoing treatment, or you are cancer-free, you need to take action to prevent bone loss and fractures.

Tuesday, October 18th, 11:00am

<https://americanbonehealth.org/whbmbctgh1022>



## POSTURE POWER™

You'll learn the right and wrong ways to do your everyday activities to protect your spine from injury. Stand tall, and get the most out of life!

Thursday, November 17th, 12:00pm

<https://americanbonehealth.org/pptgh1122>



Based on claims data from Symphony Health Solutions; data period Jan-2018 to Dec-2018. Tampa Bay Area is defined as Tampa-St. Petersburg-Clearwater statistical metropolitan area.

# Relaxation Techniques



## The benefits of relaxation techniques

When faced with many responsibilities and tasks or the demands of an illness, relaxation techniques may not be a priority in your life. But that means you might miss out on the health benefits of relaxation.

**Practicing relaxation techniques can have many benefits, such as:**

- Slowing heart rate
- Lowering blood pressure
- Slowing breathing rate
- Improving digestion
- Controlling blood sugar levels
- Reducing activity of stress hormones
- Increasing blood flow to major muscles
- Reducing muscle tension and chronic pain
- Improving focus and mood
- Improving sleep quality
- Lowering fatigue
- Reducing anger and frustration
- Boosting confidence to handle problems

**To get the most benefit, use relaxation techniques along with other positive coping methods, such as:**

- Thinking positively
- Finding humor
- Problem-solving
- Managing time and priorities
- Exercising regularly
- Eating a healthy diet
- Getting enough sleep
- Spending time outside
- Reaching out to supportive family and friends

# Types of Relaxation techniques

TRY THESE STEPS TO REDUCE STRESS

## Muscle Relaxation

In this relaxation technique, you focus on slowly tensing and then relaxing each muscle group.

This can help you focus on the difference between muscle tension and relaxation. You can become more aware of physical sensations.

In one method of progressive muscle relaxation, you start by tensing and relaxing the muscles in your toes and progressively working your way up to your neck and head. This is best done in a quiet area without interruptions. You can also start with your head and neck and work down to your toes. Tense your muscles for about five seconds and then relax for 30 seconds, and repeat.

## Visualization

In this relaxation technique, you may form mental images to take a visual journey to a peaceful, calming place or situation.

To relax using visualization, try to include as many senses as you can, such as smell, sight, sound and touch. If you imagine relaxing at the ocean, for instance, think about the smell of salt water, the sound of crashing waves and the warmth of the sun on your body.

You may want to close your eyes, sit in a quiet spot, loosen any tight clothing, and focus on your breathing. Aim to focus on the present and think positive thoughts.

## Autogenic Relaxation

Autogenic means something that comes from within you. In this relaxation technique, you use both visual imagery and body awareness to reduce stress.

You repeat words or suggestions in your mind that may help you relax and reduce muscle tension. For example, you may imagine a peaceful setting. Then you can focus on relaxing your breathing, slowing your heart rate, or feeling different physical sensations, such as relaxing each arm or leg one by one.

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## Relaxation techniques take practice

As you learn relaxation techniques, you can become more aware of muscle tension and other physical sensations of stress. Once you know what the stress response feels like, you can make a conscious effort to practice a relaxation technique the moment you start to feel stress symptoms. This can prevent stress from spiraling out of control and decreasing your quality of life.

Remember that relaxation techniques are skills. As with any skill, your ability to relax improves with practice. Be patient with yourself. Don't let your effort to practice relaxation techniques become yet another stressor.

If one relaxation technique doesn't work for you, try another technique!

Article credit: <https://www.mayoclinic.org/healthy-lifestyle/stress-management/in-depth/relaxation-technique/art-20045368?mclid=1919030acfa611e0c9d65caa8f9eca311>

# Obesity and Heart Health

Obesity, which is defined as a body mass index (BMI) of  $\geq 30$ , increases your risk for coronary heart disease, heart failure, and atrial fibrillation.

Consider these 8 tips for reducing calorie intake, and the risk of cardiovascular disease:

1. **Stay hydrated:** Do a mental “check in” with yourself and make sure you are properly hydrated. Many people mistake thirst for hunger and end up snacking on ultra-processed foods. Consider setting a goal of 8-10 glasses of water, or other hydrating beverages, per day.



2. **Stay away from sugar-sweetened beverages and remember to eat your calories, not drink them:** You'll be surprised by how many calories you can save by simply avoiding drinking caloric beverages like regular soda, fruit juices, sweet teas, sweetened coffee/espresso drinks, and alcohol.
3. **Do not overly restrict calories during the day:** Many people successfully limit calories throughout the workday by keeping themselves busy and occupied. However, by the evening they may end up feeling overly hungry and consume larger portions of high calorie items. Spread your calorie intake evenly throughout the day, however it works best for you.
4. **Eat at least 5 servings of fruits and/or vegetables every day:** Achieving this goal is not only heart protective but the fiber in fruits and vegetables will keep you fuller longer, while also maintaining a healthy gut.
5. **Go grocery shopping on a full stomach and with a plan:** Studies have shown that people tend to buy less healthy, more processed foods when they grocery shop while hungry and if they don't come prepared with a plan.
6. **Know your “why”:** Try to find why you are eating at certain times of the day. Are you thirsty? Are you bored? Are you feeling a certain negative emotion that results in emotional eating? By identifying your reason for eating, you can start to develop the skills for mindful eating, so you don't grab a snack as a knee jerk reaction.
7. **Keep a food diary:** By listing out what we eat and at what time, we're able to reflect and find patterns that lead to less healthy choices, or higher calorie meals and snacks.
8. **Keep it moving:** Daily exercise of at least 30 minutes of cardio and at least 2-3 sessions a week of resistance/weight training is recommended. If this seems overwhelming, make strides to simply move more during your day while working up to longer durations of intentional exercise.

Lastly, know this: Weight loss is a marathon and not a sprint. There will be times in your life where unexpected stressors present barriers to achieving your goals. Re-center yourself and remind yourself of the motivations and non-weight goals you've set for yourself.

# Exercise: 7 benefits of regular physical activity

Want to feel better, have more energy and even add years to your life? Just exercise.

The health benefits of regular exercise and physical activity are hard to ignore. Everyone benefits from exercise, regardless of age, sex or physical ability.

Need more convincing to get moving? Check out these seven ways that exercise can lead to a happier, healthier you.

## 1. Exercise controls weight

Exercise can help prevent excess weight gain or help maintain weight loss. When you engage in physical activity, you burn calories. The more intense the activity, the more calories you burn.

Regular trips to the gym are great, but don't worry if you can't find a large chunk of time to exercise every day. Any amount of activity is better than none at all. To reap the benefits of exercise, just get more active throughout your day — take the stairs instead of the elevator or rev up your household chores. Consistency is key.

## 2. Exercise combats health conditions and diseases

Worried about heart disease? Hoping to prevent high blood pressure? No matter what your current weight is, being active boosts high-density lipoprotein (HDL) cholesterol, the "good" cholesterol, and it decreases unhealthy triglycerides. This one-two punch keeps your blood flowing smoothly, which decreases your risk of cardiovascular diseases.

Regular exercise helps prevent or manage many health problems and concerns, including:

- Stroke
- Metabolic syndrome
- High blood pressure
- Type 2 diabetes
- Depression
- Anxiety
- Many types of cancer
- Arthritis
- Falls

It can also help improve cognitive function and helps lower the risk of death from all causes.

## 3. Exercise improves mood

Need an emotional lift? Or need to destress after a stressful day? A gym session or brisk walk can help. Physical activity stimulates various brain chemicals that may leave you feeling happier, more relaxed and less anxious.

You may also feel better about your appearance and yourself when you exercise regularly, which can boost your confidence and improve your self-esteem.

## 4. Exercise boosts energy

Winded by grocery shopping or household chores? Regular physical activity can improve your muscle strength and boost your endurance.

Exercise delivers oxygen and nutrients to your tissues and helps your cardiovascular system work more efficiently. And when your heart and lung health improve, you have more energy to tackle daily chores.

## 5. Exercise promotes better sleep

Struggling to snooze? Regular physical activity can help you fall asleep faster, get better sleep and deepen your sleep. Just don't exercise too close to bedtime, or you may be too energized to go to sleep.

## 6. Exercise puts the spark back into your sex life

Do you feel too tired or too out of shape to enjoy physical intimacy? Regular physical activity can improve energy levels and increase your confidence about your physical appearance, which may boost your sex life.

But there's even more to it than that. Regular physical activity may enhance arousal for women. And men who exercise regularly are less likely to have problems with erectile dysfunction than are men who don't exercise.

## 7. Exercise can be fun ... and social!

Exercise and physical activity can be enjoyable. They give you a chance to unwind, enjoy the outdoors or simply engage in activities that make you happy. Physical activity can also help you connect with family or friends in a fun social setting.

So take a dance class, hit the hiking trails or join a soccer team. Find a physical activity you enjoy, and just do it. Bored? Try something new, or do something with friends or family.

### The bottom line on exercise

Exercise and physical activity are great ways to feel better, boost your health and have fun. For most healthy adults, the U.S. Department of Health and Human Services recommends these exercise guidelines:

- **Aerobic activity.** Get at least 150 minutes of moderate aerobic activity or 75 minutes of vigorous aerobic activity a week, or a combination of moderate and vigorous activity. The guidelines suggest that you spread out this exercise during the course of a week. To provide even greater health benefit and to assist with weight loss or maintaining weight loss, at least 300 minutes a week is recommended. But even small amounts of physical activity are helpful. Being active for short periods of time throughout the day can add up to provide health benefit.
- **Strength training.** Do strength training exercises for all major muscle groups at least two times a week. Aim to do a single set of each exercise using a weight or resistance level heavy enough to tire your muscles after about 12 to 15 repetitions.

Moderate aerobic exercise includes activities such as brisk walking, biking, swimming and mowing the lawn. Vigorous aerobic exercise includes activities such as running, heavy yardwork and aerobic dancing. Strength training can include use of weight machines, your own body weight, heavy bags, resistance tubing or resistance paddles in the water, or activities such as rock climbing.

If you want to lose weight, meet specific fitness goals or get even more benefits, you may need to ramp up your moderate aerobic activity even more.

Remember to check with your doctor before starting a new exercise program, especially if you have any concerns about your fitness, haven't exercised for a long time, or have chronic health problems, such as heart disease, diabetes or arthritis.

# Health Literacy Affects Everyone

Health literacy is important for everyone because, at some point in our lives, we all need to be able to find, understand, and use health information and services.

Taking care of our health is part of everyday life, not just when we visit a doctor, clinic, or hospital. Health literacy can help us prevent health problems, protect our health, and better manage health problems when they arise.

Even people who read well and are comfortable using numbers can face health literacy issues when:

- They aren't familiar with medical terms or how their bodies work.
- They have to interpret statistics and evaluate risks and benefits that affect their health and safety.
- They are diagnosed with a serious illness and are scared and confused.
- They have health conditions that require complicated self-care.
- They are voting on an issue affecting the community's health and relying on unfamiliar technical information.



## How Can We Help People Now?

We can help people use the health literacy skills they have. How? We can do the following:

- Create and provide information and services people can understand and use most effectively with the skills they have.
- Work with educators and others to help people become more familiar with health information and services and build their health literacy skills over time.
- Build our own skills as communicators of health information.

Resource: <https://www.cdc.gov/healthliteracy/learn/Understanding.html>

## Interested in receiving a copy of the newsletter?

The Florida Department of Health in Hillsborough County's bi-monthly newsletter is available online at <http://hillsborough.floridahealth.gov/programs-and-services/community-health-planning-statistics/community-wellness-newsletter/index.html>.

The newsletter can be printed and mailed to your address for your convenience.

*To preserve your privacy*, if you would like to be added to the email distribution list or receive a mailed copy, please call (813) 307-8009 or email to [DLCHD29WebsiteDistribution@flhealth.gov](mailto:DLCHD29WebsiteDistribution@flhealth.gov).

# Want to be a healthier you? We can help!

The Florida Department of Health has **FREE** health education programs.

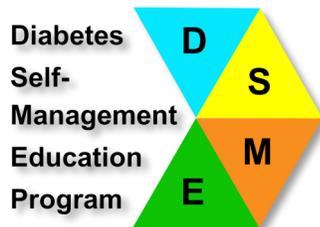
Call **813-307-8009** to register.



**BP F  R ME**

## [BP For Me](#)

This 4 week program is designed for individuals who have high blood pressure and want to improve their heart health and reduce their risk for complications.



## [Diabetes Self Management Education](#)

If you have been diagnosed with diabetes, learn how to better manage your condition in 7 weeks through reducing risks of complications, improving nutrition, increasing physical activity and self-monitoring, learning about medications, and practicing coping skills.



## [Diabetes Prevention Program](#)

This program can help anyone who is overweight, pre-diabetic, or at risk for Type 2 diabetes. Participants will learn and practice skills on healthy eating, being active, and positive coping for a healthy lifestyle change.



## [Get Into Fitness Today](#)

In a 6 week or 12 week program, participants learn about healthy eating, physical activity and ways to live a healthier life.



## [Get Into Fitness Together- a Learning Emotional Activity Program \(GIFT-LEAP\)](#)

This program is designed to encourage children ages 5-9 to make healthy choices so that they can lead a healthy lifestyle into adulthood. The program is 6 weeks long and covers healthy eating, physical activity, and how to deal with stress and emotions. Families are welcome to join their 5-9 year-olds in the program!

## BREAST AND CERVICAL CANCER EARLY DETECTION PROGRAM

We offer **FREE** mammogram & pap smear testing!

For more information and to schedule an appointment, call **813-307-8082**.

### Upcoming mobile mammography:

*Tampa Family Health Center*

To schedule an appointment, call Sophia at **813-284-4529**

## Fl<sup>o</sup>rida KidCare FLORIDA KIDCARE

The State of Florida health insurance for children (birth through age 18, *even if one or both parents are working*).

To apply by phone, call **1-888-540-5437**, or

**TTY-877-316-8748**.

To apply online, visit: [www.floridakidcare.org](http://www.floridakidcare.org).



## FL HEALTH CHARTS

Have you ever wonder how healthy your community or state is?

Or how your own health status compares to other Floridians? If so, Florida Health Charts is a great resource that paints an accurate picture of the health status of our state — with factual information.

The website continues to provide the most up-to-date health statistics you'll find in Florida. Be sure to bookmark the new site: [www.FLHealthCHARTS.com](http://www.FLHealthCHARTS.com).

## PARKS AND RECREATION

Hillsborough County Parks, Recreation, and Conservation  
[www.hillsboroughcounty.org/](http://www.hillsboroughcounty.org/)

Plant City Parks and Recreation  
<https://www.plantcitygov.com/parksrec>

Tampa Parks and Recreation  
<https://www.tampagov.net/parks-and-recreation>

Temple Terrace Parks and Recreation  
[www.templeterrace.com/](http://www.templeterrace.com/)

Farmers Markets around Tampa Bay  
<https://www.americantowns.com/tampa-fl/local-food/>

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\* All numbers are area code (813) unless otherwise indicated.



MISSION: To protect, promote, and improve the health of all people in Florida through integrated state, county, and community efforts.

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